



# KARATE 7. KYU ORANGEGURT

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## WADO-RYU PRÜFUNGSPROGRAMM LAND BREMEN

### KIHON - Grundschnle -

TSUKI (Faust)

1. junzuki no tsukomi

2. gyakuzuki no tsukomi

KERI (Fuss)

3. surikomi maegeri chudan

4. surikomi mawashigeri chudan



junszuki no tsukomi



gyakuzuki no tsukomi



surikomi

### RENZOKU WAZA - Kombinationen -

1. maegeri chudan - mawashigeri jodan -  
gyakuzuki chudan

2. maegeri chudan - gyakuzuki jodan -  
mawashigeri chudan



chudan soto - uke - maegeri / gyakuzuki

### UKE SANBON KUMITE

1. chudan soto - uke -  
maegeri / gyakuzuki

2. chudan uchi - uke -  
empi



Anfangsstellung



chudan uchi - uke - empi

### KATA

1. pinan nidan

2. pinan shodan



pinan Shodan (Anfang)



shuto uke